

Morrison-Todd-Wadena Community Health Board



CHIP ANNUAL REPORT

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Introduction

Continuing since 2013 the Morrison-Todd-Wadena Community Health Board in collaboration with Tri-County Health Care, Lakewood Health System, CentraCare Health-Long Prairie and St. Gabriel's Hospital has completed a community health need assessment every three years. In 2018, the third administration of the assessment was started to gather data and information on the health of residents in Morrison, Todd, and Wadena counties. The 2019 Community Health Survey will provide a third data point from which the CHB will be able to begin to identify trends in health conditions, behaviors and community factors affecting health.

While each healthcare system has a unique set of priorities the main community health issues from 2013 remained the same for 2018; namely, adult and childhood obesity, mental health, and social determinants of health. Within social determinants of health the main areas that are being addressed include food insecurity, substance abuse, and tobacco use in low income populations. Substance abuse continues to be a significant concern for our health care systems. CHI St. Gabriel's Family Medical Center in Little Falls has been a leader in implementing a new approach to reduce opioid abuse. The clinic estimates it has reduced patient pill use by 724,000 pills per year, tapered about 670 patients off of controlled substance prescriptions, and currently provides about 90 patients medication-assisted treatment. This initiative has been replicated in many health systems across the state including a similar program that began in 2018 at CentraCare Health-Long Prairie.

The Morrison-Todd-Wadena Community Health Board has utilized several community partnerships and coalitions in the past year to advance community health priorities. Food insecurity continues to be a priority for community groups, schools and health care systems. 18% of surveyed adults in the 2019 Community Health Survey reported worrying about food running out at some point in the past month. A new backpack program was started at the Staples-Motley school district, along with the Long Prairie-Grey Eagle school providing universal breakfast. Efforts continue in our healthcare systems to identify food insecure individuals and provide food packages and resources for those in need.

In 2018, a health equity data analysis (HEDA) was completed which focused on low income tobacco users. Valuable data was gathered from electronic medical records from four health care systems and 120 surveys were completed with low income residents. The interview process provided significant awareness of the issues facing low income tobacco users. Often tobacco was viewed as a coping mechanism for relieving life stressors. Stressors including financial, interpersonal relationships and mental illness were disclosed as significant concerns that were difficult to overcome. The learned behavior of tobacco use was cited as a common occurrence in families, where a child saw their parents using tobacco and often then began using at a young age. Additionally, all four healthcare systems reported significantly greater tobacco use in their Prepaid Medical Assistance Program (PMAP) population compared to their overall clinic population. The greatest tobacco users across all health care systems was within the male PMAP non-Hispanic demographic, with tobacco use as high as 42.8%-49.8%.

Continued collaboration will be needed to further advance health equity, policy changes and long term sustainability of community health priorities. A focus on regional solutions and identifying local sources of funding will be vital to ensure community health strategies are sustainable, timely, and effective.

Priority 1- Obesity

Background: The Morrison-Todd-Wadena Community Health Board utilizes the Statewide Health Improvement Partnership (SHIP) grant and its brand 'Health4Life' to complete the majority of strategies focused on healthy eating and physical activity.

The goal of the Obesity Community Health Improvement Plan is to, "Prevent and reduce obesity in adults and children by increasing physical activity and healthy eating opportunities through policy, system and environmental changes."

The two objectives that have been identified to accomplish this goal include:

- By December 2019, increase consumption of fruits and vegetables by 5 percentage points and decrease consumption of sugar sweetened beverages by 5 percentage points for adults and children.
- By December 2019, increase the number of adults and children who meet the recommended guidelines for physical activity by 5 percentage points.

Progress: The attached MTW CHB Community Health Improvement Monitoring Plan outlines the short term and long term indicators that are being tracked for each priority area. The 2019 Community Health Survey became available in March, 2019 and is reported.

Significant findings include:

- We saw a significant decrease from 2013 to 2016 in the number of adults reporting moderate physical activity five days or more per week (44.7% → 26.4%). The decreasing trend continued in 2019 with 26.1% of adults reporting moderate physical activity five days or more per week.
- From 2013 to 2016, we found a 5 percentage point decrease in the number of adolescents who report consuming daily at least 1 or more can, bottle, or glass of pop/soda daily (48% → 43%). The 2019 student survey data was not available at the time of reporting.
- In 2018, WIC reported that 78% of infants were ever breastfed, an increase from 74% in 2017.

Successes:

- The Hilltop Regional Kitchen completed its construction and opened in January, 2018. The kitchen continues to serve Todd and Wadena seniors and has developed a shipped frozen meal program which will serve any individuals in need of prepared meals across Minnesota.
- Public health staff supported 17 school districts in making policy changes and lunchroom improvements to support healthy food choices.
- Morrison County purchased a Fit Trail system in 2018. The trail will increase access to physical activity opportunities in the community for all ages and abilities.
- Morrison and Wadena Counties are continuing to support One Vegetable, One Community to help increase vegetable consumption among individuals.

Next Steps: In 2019 the focus will be to continue collaborations with schools, worksites, and community groups to advance policy, systems, and environmental changes to increase access to healthy foods and physical activity. In Spring 2019, the fit trail will be installed in Little Falls, MN. Our goal is to be working with schools and other community partners to increase physical activity in Morrison County. We will be hosting community events to bring awareness to the trail and increase utilization.

Priority 2- Mental Health

Background: The Morrison-Todd-Wadena Community Health Board has worked closely with mental health partners in the region to prioritize strategies to address mental health prevention and promotion of mental health services.

The goal of the Mental Health Improvement Plan is to, “Improve education, screenings, awareness and access to community based mental health resources to promote early intervention and treatment of mental health conditions.”

The three main objectives that have been identified to accomplish this goal include:

- By December 2019, collaborate with regional partners to implement trauma informed care principles and protocols.
- By December 2019, update protocols for depression screening and follow up for women of reproductive age within maternal child health visits, clinics and programs.
- By December 2019, partner with Region Five and NJPA to provide at least five mental health prevention programs or trainings.

Progress: The 2019 Morrison-Todd-Wadena Community Health Survey continues to show a significant portion of the population (25.1%) is dealing with mental health issues and concerns.

- Depression screenings for women of reproductive age has continued to increase and Wadena County has now begun tracking this data. In 2016, 172 PHQ9 screenings were completed in Morrison and Todd Counties, 287 completed in 2017 in Morrison and Todd Counties, and 323 completed in 2018 including Todd, Morrison, and Wadena Counties.

Successes:

- A mental health task force that began in 2017 continues efforts using the public health approach to mental health: promotion, prevention, care advocacy and crisis intervention. A diverse group of disciplines are included in the task force including healthcare, Public Health and Human Service, decisions makers, law enforcement, community advocates, mental health providers, and behavioral health hospitals.
- In Jan 2018, a 15 month trauma informed care collaboration kicked off across Region Five with a two day educational training for social service, public health, and school staff to understand what trauma is, how it impacts our community members, and how we can begin to be more trauma sensitive. Since Jan, each agency meets routinely and has completed an organizational self-assessment, vision statement, goals, communication plan, and monitors progress. Initial and continued education of staff has been a vital part of advancing our goals. Collaboration between agencies has been beneficial since we often assist the same clients.

Next Steps: The trauma informed care collaboration across Region Five has been a great start to our education, planning, and some implementation of programs. Over the last year it was recommended to focus on two to three of the seven domains of trauma-informed care. Additionally, work will continue to update protocols for depression screening for women of reproductive age. CHB Staff are working to consistently screen for depression and anxiety across all maternal child health programs.

Priority 3- Social Determinants of Health

Background: The Morrison-Todd-Wadena Community Health Board needs assessment continues to illustrate the need to address social determinants of health to identify and reduce health disparities.

The main goal of the Social Determinants of Health Community Health Improvement Plan is to, “Build and strengthen partnerships with community agencies to address food insecurity and tobacco use/exposure in at-risk populations to reduce health disparities.”

The two objectives that have been identified to accomplish this goal include:

- By December 2019, decrease the number of adults who report being food insecure in the past 12 months by five percentage points.
- By December 2019, reduce the number of low income (making less than \$35,000 annually) adults who report using tobacco products by three percentage points.

Progress: The attached MTW CHB Community Health Improvement Monitoring Plan outlines the revised short term and long term indicators that are being tracked for each priority area, including food insecurity and tobacco use/exposure.

Successes:

- A health equity data analysis (HEDA) was completed in 2018 which focused on low income tobacco users. All three healthcare systems reported significantly greater tobacco use in their PMAP population compared to their overall clinic population. The greatest tobacco users across all health care systems was within the male PMAP non-Hispanic demographic, with tobacco use as high as 42.8%-49.8%.
- Three health systems, including Lakewood Health System, CentraCare Health-Long Prairie and St Gabriel’s Hospital, worked to reduce food insecurity by providing local food shares to families in need. Both CentraCare Health-Long Prairie and Lakewood Health System work with local farmers’ markets to provide access to healthy, local foods. As well as promote farmers’ market demos and cooking classes for low-income families through UMN Extension.
- The Tobacco Free Communities grant completed the Hispanic tobacco survey in the Long Prairie community. 94% of Hispanic females indicated that they never used tobacco products and by comparison only 46% of Hispanic males stated that they never used tobacco.

Next Steps: Collaboration will continue with health care systems to advance work to address food insecurity in their clinic population. In February 2018, Lakewood Health System opened its ‘Food Farmacy’, creating a physical space and protocols to address food insecurity in its most vulnerable clinic populations. The Tobacco Free Communities grant continues to address health disparities and identify cessation strategies for low-income, at-risk individuals. In 2019, the TFC grant will continue to work with local communities to update and strengthen their local tobacco ordinances, educate youth about the harms associated with commercial tobacco/electronic cigarette use, and work to educate county residents about cessation resources available at the local and state level.